Assessment Centre Reflection

**Reflecting on your assessment centre can be an invaluable experience to help you improve your technique and can help you enhance your preparation. To make the most of your assessment centre reflection appointment, it can help to consider the tests/activities you participated in, what you may need to improve and what you would like to discuss.**

What tests/activities were involved? What feedback did you receive?

What do you feel you performed well and what elements of your preparation helped?

What do you feel you can improve on and how do you feel you can do this? You may want to consider which particular tests/activities you feel you need to develop and ways in which you feel you can do this.

What would you like the focus of the reflection session to be and what would you like to gain from it?

NEXT STEPS: (To be completed with your adviser during your appointment)